

GREENWorks

Ideas for a Cleaner Environment

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RANDOM ACTS OF GREEN **Every Day Ways to Help the Environment**

We are all very busy. Life gets hectic ... Who has time to “Be Green?” Some people think it takes too much time or effort to help the environment. But small, simple changes are as easy as changing a light bulb: It takes the same time to change a light bulb regardless of whether it is an incandescent or an energy-efficient LED bulb. These small changes may seem insignificant, but the reality is that we all have personal control over the health of our environment. By making environmentally friendly choices individually, we help to influence the actions of our family, friends, coworkers and beyond, which collectively has a real impact. Please consider some of these small acts of green that can make a big difference for our Earth.

Reuse Everything ~ One great way to cut down on waste is to reuse or repurpose!

- Share magazines before recycling them.
- Save old toothbrushes or used kitchen sponges to use for cleaning detailed areas or washing the car.
- Get creative by using a favorite coffee mug that has chipped as a planter for a small plant for your desk or an old fishbowl as a vase for displaying cut flowers.

Use Less Packaging ~ You'll keep fewer packages out of a landfill AND save money!

- Many families buy snacks in small packages, for school lunches or car trips. Reduce trash by instead buying large packages of the snack (pretzels, crackers, etc.) and pack single servings into reusable containers.
- Along the same note, instead of buying packages of mini muffins for quick breakfasts or snacks, consider baking your own mini muffins. Invest in a mini muffin pan and find some healthy recipes. Bake a few batches on a cool evening or rainy day. You can freeze them so you have a supply on hand. Use reusable containers to take along wherever you travel. You'll be reducing waste, saving money and eating a healthy alternative.

Idle Less ~ Driving green will keep the air clean!

- Colder weather is coming our way, but resist the temptation to idle your car to warm it up. Most manufacturers recommend driving gently as you start out. The engine will actually warm up faster being driven.
- Turn the car off when sitting or waiting for someone in a parking lot. You'll notice you conserve fuel and will increase your overall gas mileage saving you money at the pump.
- Skip the drive-thru. By parking the car to go in for your coffee instead of going to the window, you will waste less fuel, reduce pollution and save money. While you are at it, bring in your reusable travel mug.

Share your **#randomactsofgreen** with us on Twitter @NHDES. We'd love to hear the little things you are doing to help preserve the environment.